

# The Friday 4

4  
FRESH  
IDEAS YOU  
CAN USE IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Flavorful Vegetables and Crunchy Crust!

### Add a Green Salad and You've Got Dinner:

#### Savory Vegetable Bread Pudding

12 Oz of Cauliflower (1 Package)  
12 Oz of Broccoli (1 Package)  
2 TB Olive Oil  
1 TB Minced Garlic  
1/4 Cup Chopped Basil  
1 TB Cup Chopped Sage  
5 Cups Crusty Whole Wheat Bread, cut into 1 inch cubes  
1 Tsp Kosher Salt, 1/2 Tsp Pepper  
2 Cups Shredded \*Swiss Cheese  
1/4 Cup Toasted Chopped Pecans  
3 Large Eggs  
1 1/2 Cups Whole Milk

#### Step One

Preheat the oven to 400F. Steam, \*blanch or microwave the broccoli

and cauliflower until just tender.

**Step Two** In a large skillet, heat the olive oil over medium high heat, add the cauliflower and broccoli and saute for 2-3 minutes. Add the garlic and herbs and continue cooking and stirring occasionally for 5 minutes or until the vegetables begin to brown. Add the bread and toss together. Season with salt and pepper.

**Step Two** Place half of the vegetable mixture in a casserole dish - sprinkle with half the cheese and pecans. Layer the remaining half on top, and sprinkle with cheese and nuts again.

**Step Two** In another bowl, beat the eggs with the milk until well mixed, and then pour on top of the casserole. Bake uncovered for 25 minutes.

## 2 Kitchen Smidgen

\*Blanching is a cooking method by which foods are partially cooked to preserve their color, texture and flavor. You may also hear it called, "parboiling". Foods are cooked briefly in boiling water and then dunked in ice water to stop the cooking process. In this recipe it allows the vegetables a head start on the cooking process and makes them tender for the later saute.

## 3 Get Creative

Experiment by tasting different kinds of \*Swiss Cheese to find your favorite. I used Emmentaler, a mild Swiss. Other types you may like in this recipe are Gruyere, Jarlsberg or Appenzeller.

## 4 WINE of the Week

Montgras Carmenera Reserva  
Colchagua, Chile

Cost Plus about \$13.00

Not familiar with Carmenera? If you've tasted Merlot, you've enjoyed this red cherry-flavored wine's cousin. Chile is the only place in the world that grows a significant amount of this French grape, and it does a wonderful job turning it into delightful wine. This one has aromas of cherries and black pepper - perfect foils for the spicy basil in this week's Savory Vegetable Bread Pudding.